



Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所  
Institute of Holistic Healthcare 整全保健學院  
<http://www.iholistic.org> email: [info@iholistic.org](mailto:info@iholistic.org) phone: 2537 2089

## Monthly Health Education Seminar 健康講座

### 踢走膝痛 Kicking Knee Pain Away



講者: 畢慧敏物理治療師

日期: 二零零九年七月三十日, 星期四 下午 7:00-8:30

地點: 香港中環德輔道中 20 號德成大廈 508 室

費用全免。報名及查詢請電 2537 2083

Speaker: Ms. Diana But, PT

Date: 30 July 2009, Thursday 7:00-8:30pm

Venue: Rm 508 Takshing Hse., 20 Des Voeux Road Central

Free admission. For enquiries, please contact us at 25372083.

**膝**關節疼痛十分常見, 近年來亦見有年輕化趨勢。不少人誤以為膝頭痛「冇得醫」, 只默默忍受痛楚, 其實膝頭痛亦可由盆骨及腰部傷患、大腿內側肌肉不夠強壯等因素引發, 只要接受物理治療檢查, 找出痛楚源頭再治療, 膝頭痛其實是「有得醫」的。切勿自恃「後生復原快」, 對腳部的痛楚掉以輕心, 以免病情惡化。

物理治療師會於這次講座中為你分析常見的膝痛成因, 並會教導一些簡單的膝痛處理方法給大家。

語言: 廣東話

Knee pain is becoming more common among younger population. Many people have the misunderstanding that knee pain is no cure and they need to withstand the pain forever. Actually Pelvic and/or Lumbar dysfunction, or weakness of medial part of the thigh muscle together with other lower limb's biomechanic problems can also contribute to knee pain. Once you receive physical assessment, find out the source of knee pain and have the proper treatments, knee pain is indeed curable. Remember don't delay your treatment, condition can deteriorate at any time.

During the talk our physiotherapist will explain to you the most common causes of knee pain, and teach you some simple ways to deal with knee pain.

Language: Cantonese

座位有限, 請早預約

*Seats are limited, please reserve yours early*